

*"Tastier with your touch  
from iftar to suhoor .."*



*Lebanese  
Foul*

#### INGREDIENTS:

- California Garden fava beans with the Lebanese recipe
- 2 minced garlic cloves
- Lemon juice
- Chopped tomatoes
- Chopped onion
- 1 cup of chopped parsley
- Olive oil.

#### PREPARATION:

- Start by adding the fava beans to a pan on low heat and wait for it to simmer,
- Add the garlic and the lemon juice and mix well
- Top with tomatoes, onions and parsley
- Drizzle some olive oil on top
- Serve and enjoy!



Serving size  
4-6 across



Preparation Time  
15-20 Min



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